

## Chapter 7: Nutrition and Diet

---

### EXERCISE [PAGE 56]

#### Exercise | Q 1.1 | Page 56

Fill in the blank.

The process of intake of food and utilising it for all life processes is called \_\_\_\_\_.

### SOLUTION

The process of intake of food and utilising it for all life processes is called **nutrition**.

#### Exercise | Q 1.2 | Page 56

Fill in the blank.

All the substances in our food which are useful for various bodily processes are called \_\_\_\_\_.

### SOLUTION

All the substances in our food which are useful for various bodily processes are called **nutrients**.

#### Exercise | Q 1.3 | Page 56

Fill in the blanks.

Carbohydrates and \_\_\_\_\_ provide \_\_\_\_\_ to our body.

### SOLUTION

Carbohydrates and **fats** provide **energy** to our body.

#### Exercise | Q 1.4 | Page 56

Fill in the blank.

In a balanced diet, all the nutrients are present in the \_\_\_\_\_ proportion.

### SOLUTION

In a balanced diet, all the nutrients are present in the **right** proportion.

#### Exercise | Q 1.5 | Page 56

Fill in the blank.

In the food pyramid, cereals are given the maximum space because they fulfill our \_\_\_\_\_ requirement.

### SOLUTION

In the food pyramid, cereals are given the maximum space because they fulfill our **nutritional** requirement.

#### Exercise | Q 1.6 | Page 56

Fill in the blank.



Intake of more food than necessary causes \_\_\_\_\_.

**SOLUTION**

Intake of more food than necessary causes **overnutrition**.

**Exercise | Q 2.1 | Page 56**

Spot the following in the table of vitamins and minerals.

The nutrient present in citrus fruits.

**SOLUTION**

The nutrient present in citrus fruits – Vitamin C

**Exercise | Q 2.2 | Page 56**

Spot the following in the table of vitamins and minerals.

Vitamins/minerals present in milk.

**SOLUTION**

Vitamins/minerals present in milk – Vitamin B<sub>12</sub> and Vitamin D.

**Exercise | Q 2.3 | Page 56**

Spot the following in the table of vitamins and minerals.

Causes and symptoms of night blindness, scurvy, rickets, beriberi.

**SOLUTION**

Causes and symptoms of night blindness, scurvy, rickets, beriberi are:

| Disease         | Causes                               | Symptoms                                      |
|-----------------|--------------------------------------|---|
| Night blindness | Deficiency of Vitamin A              | Inability to see in dim light                 |
| Scurvy          | Deficiency of Vitamin C              | Bleeding of gums                              |
| Rickets         | Deficiency of Vitamin D              | Softening of bones causing pain and fractures |
| Beriberi        | Deficiency of Vitamin B <sub>1</sub> | Nerve disorders                               |

**Exercise | Q 2.4 | Page 56**

Spot the following in the table of vitamins and minerals.

Foods required to prevent the above diseases.

**SOLUTION**

Foods required to prevent the diseases are:

| Disease         | Foods to avoid these diseases  |
|-----------------|--|
| Night blindness | Carrot, milk, butter, dark green vegetables, sweet potato                |
| Scurvy          | Amla, kiwi, oranges, other citrus fruits, tomato, green leafy vegetables |
| Rickets         | Milk, fish, eggs, and butter   |
| Beriberi        | Milk, fish, meat, cereals, nuts, pulses                                  |

### Exercise | Q 2.5 | Page 56

Spot the following in the table of vitamins and minerals.  
Causes of anaemia.

#### SOLUTION

deficiency of iron can result in anaemia as it is required for the formation of red blood cells.

### Exercise | Q 2.6 | Page 56

Spot the following in the table of vitamins and minerals.  
Essential mineral for healthy bones and teeth.

#### SOLUTION

Essential mineral for healthy bones and teeth – Vitamin D

### Exercise | Q 2.7 | Page 56

Spot the following in the table of vitamins and minerals.  
Sensory organ affected due to the deficiency of Vitamin A

#### SOLUTION

Sensory organ affected due to the deficiency of Vitamin A – Eyes

### Exercise | Q 3.1 | Page 56

Choose the correct alternative.  
Pulses are a very good source of \_\_\_\_\_.

1. carbohydrates
2. **proteins**
3. fats
4. minerals

#### SOLUTION

Pulses are a very good source of **proteins**.

### Exercise | Q 3.2 | Page 56

Choose the correct alternative.

\_\_\_\_\_ provide maximum energy to the body.

1. **Cereals**
2. Leafy vegetables
3. Water
4. Amla

#### **SOLUTION**

**Cereals** provide maximum energy to the body.

#### **Exercise | Q 3.3 | Page 56**

Choose the correct alternative.

Goitre is caused by a deficiency of the mineral \_\_\_\_\_.

1. iron
2. calcium
3. **iodine**
4. potassium

#### **SOLUTION**

Goitre is caused by a deficiency of the mineral **iodine**.

#### **Exercise | Q 3.4 | Page 56**

Choose the correct alternative.

\_\_\_\_\_ is a type of junk food.

1. Orange
2. Milk
3. Bhakri
4. **Chocolate**

#### **SOLUTION**

**Chocolate** is a type of junk food.

#### **Exercise | Q 4 | Page 56**

Use the food pyramid to select food items of your choice for three days.

#### **Conditions:**

1. The diet for all three days should be balanced.
2. There should be variety in the items chosen for the three days.

#### **SOLUTION**

- Day 1

Cereal like cornflakes and milk, apple, roti, sabzi, and dal



- Day 2  
Bread and butter with milk, rice/ roti, and chicken, curd, any one type of fruit, salad
- Day 3  
Poha, green vegetable, and dal with rice or roti, raita, one fruit, vegetable sandwich